

## Stress Symptoms

Discover the link between stress symptoms and your health thoughts and feelings, and your behavior.

RelaxationNonViolenceTraining.com

If you are experiencing any of these signs, please call and learn how we can help you!

(814) 662-5338

### Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

### Physical Symptoms:

#### Neurological response systems

- Increased heart rate
- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Headaches
- Chest pain
- Cold hands-feet
- Alterations sleep patterns: insomnia, sleepwalking, tiredness, nightmares
- Loss of sex drive
- Loss of appetite
- Weakened immune system

**Conversion disorder**, emotional dysfunction stemmed from stress (physical symptoms that are undiagnosed neurological disorders, undiagnosed organic brain injury)

- Pseudo-seizures or convulsions
- Psychogenic non-epileptic seizures (PNES)
- Uncontrollable movements
- Blindness
- Paralysis
- Poor coordination or balance
- Difficulty swallowing
- Vision impairment
- Deafness
- Numbness or loss of the touch sensation
- Inability to feel pain
- Hallucinations
- Difficulty with walking
- Urinary retention

### Emotional Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

### Behavioral Symptoms

#### Associated with **neurological disorders**

- Volatile temper
- Rapid mood swings
- Nervousness
- Anxiety
- Inability to Concentrate
- Excessive worry

#### Short term Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Addictions, Habit Control: Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

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### **Health problems caused or exacerbated by stress, including:**

- Pain of any kind
- Heart disease
- Digestive problems
- Sleep problems
- Depression
- Obesity
- Autoimmune diseases
- Skin conditions, such as eczema

### **Pregnancy problems caused or exacerbated by stress**

Stress may be harmful for both mom-to-be and unborn babies. Stress in mothers increases risk of miscarriage, can cause developmental and emotional problems for offspring, can affect the development of brain in babies, causes lower IQ, premature birth, low birthweight and more.